

What is claimed is:

Sub 1  
B&Z 1. A method of illuminating one or more objects associated with a laptop computer, comprising the steps of:

attaching a light to a support surface of the laptop computer;

5 illuminating one or more objects associated with the laptop computer with at least one LED of the light.

2. The method of claim 1, wherein the step of attaching includes clipping the light to a display frame of the laptop computer.

Sub 2 3. The method of claim 1, wherein the at least one LED is carried by a bendable body, and the method further includes bending the body to orient the at least one LED to a desired lighting position.

4. The method of claim 1, wherein the at least one LED is powered by at least one power source.

Sub 5 5. The method of claim 1, wherein the at least one LED is powered by at least one rechargeable power source.

Sub 6 6. The method of claim 1, wherein the at least one LED is powered by at least one watch battery.

7. The method of claim 1, further including switching the at least one LED on and off with a switch.

20 8. The method of claim 1, wherein the at least one LED is at least one white LED.

9. The method of claim 1, wherein the at least one LED is at least one wide-angle LED.

30-7 10. The method of claim 1, wherein the one or more objects associated with the laptop computer include a member selected from the group consisting of a screen, a keyboard, and one or more reading materials.

11. A method of illuminating one or more objects associated with a PDA,  
5 comprising the steps of:  
attaching a light to a support surface of the PDA;  
illuminating one or more objects associated with the PDA with at least one LED of the light.

10 12. The method of claim 11, wherein the step of attaching includes clipping the light to a frame of the PDA.

13. The method of claim 11, wherein the at least one LED is carried by a bendable body, and the method further includes bending the body to orient the at least one LED to a desired lighting position.

15 14. The method of claim 11, wherein the at least one LED is powered by at least one power source.

15. The method of claim 11, wherein the at least one LED is powered by at least one rechargeable power source.

16. The method of claim 11, wherein the at least one LED is powered by at least one watch battery.

20 17. The method of claim 11, further including switching the at least one LED on and off with a switch.

18. The method of claim 11, wherein the at least one LED is at least one white LED.

19. The method of claim 11, wherein the at least one LED is at least one wide-angle LED.

20. The method of claim 11, wherein the one or more objects associated with the laptop computer include a member selected from the group consisting of a screen, a keypad, and one or more reading materials.

21. A light for illuminating one or more objects, comprising:  
a bendable body including opposite terminating portions;  
respective light sources carried at said terminating portions;  
at least one power source to power said light sources,  
wherein said bendable body is adapted to be wrapped at least partially around at least one of a user's neck and head to secure the light and adjusted so that said light sources are oriented in a desired configuration for optimal lighting of said one or more objects.

22. The light of claim 21, wherein said light sources are LEDs.

23. The light of claim 21, further including an on/off switch to activate and deactivate said light sources.

24. The light of claim 21, further including respective on/off switches to activate and deactivate respective light sources.

25. The light of claim 21, wherein said light includes a central portion, a power source housing carrying said at least one power source in said central portion.

26. The light of claim 21, wherein said at least one power source is at least one rechargeable battery.

27. The light of claim 21, wherein said at least one power source is at least one watch battery.

28. The light of claim 21, wherein said at least one power source is at least one battery from the group consisting of an AA battery, an AAA battery, and an AAAA battery.

29. The light of claim 21, wherein the light includes a dimmer mechanism to adjust the brightness of the light sources.

30. The light of claim 21, wherein the light includes a flexible, resilient body.

31. The light of claim 21, wherein the bendable body is at least partially surrounded by a cushioning material.

32. A method of illuminating one or more objects, comprising the steps of:  
providing a light including a bendable body with opposite terminating portions, respective light sources carried at said terminating portions;  
wrapping said bendable body at least partially around a user's neck;  
adjusting said bendable body so that said light sources are oriented in a desired configuration;

illuminating one or more objects with said illumination sources.

33. The method of claim 32, wherein said light sources are LEDs.

34. The method of claim 32, wherein said light sources are activated and deactivated with an on/off switch.

35. The method of claim 32, wherein said light sources are activated and deactivated with respective individual on/off switches.

36. The method of claim 32, wherein said light includes a central portion, a power source housing carrying at least one power source in said central portion.

37. The method of claim 32, wherein said at least one power source is at least one rechargeable battery.

5 38. The method of claim 32, wherein said at least one power source is at least one watch battery.

39. The method of claim 32, wherein said at least one power source is at least one battery from the group consisting of an AA battery, an AAA battery, and an AAAA battery.

10 40. The method of claim 32, wherein the light includes a dimmer mechanism, the method further including adjusting the brightness of the light sources with the dimmer mechanism.

41. The method of claim 32, wherein the reading light includes a flexible, resilient body.

15 42. The method of claim 32, wherein the bendable body is at least partially surrounded by a cushioning material.

43. A method of illuminating an object of a camera, comprising the steps of:  
providing an attachable light including at least one LED powered by at least one power source;

20 attaching the light to a support surface;  
illuminating an object of a camera with the light.

44. The method of claim 43, wherein the camera is a digital camera.

45. The method of claim 43, wherein the camera is a digital video camera.

46. The method of claim 43, wherein the support surface is the display frame  
of a laptop computer.

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